



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09178, Mango, dried, sweetened

Report Date: June 30, 2017 14:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|--------------------------------|------|------------------------|----------------|------------|
| Proximates | | | | |
| Water | g | 16.60 | -- | -- |
| Energy | kcal | 319 | -- | -- |
| Energy | kJ | 1336 | -- | -- |
| Protein | g | 2.45 | -- | -- |
| Total lipid (fat) | g | 1.18 | -- | -- |
| Ash | g | 1.19 | -- | -- |
| Carbohydrate, by difference | g | 78.58 | -- | -- |
| Fiber, total dietary | g | 2.4 | -- | -- |
| Sugars, total | g | 66.27 | -- | -- |
| Minerals | | | | |
| Calcium, Ca | mg | 0 | -- | -- |
| Iron, Fe | mg | 0.23 | -- | -- |
| Magnesium, Mg | mg | 20 | -- | -- |
| Phosphorus, P | mg | 50 | -- | -- |
| Potassium, K | mg | 279 | -- | -- |
| Sodium, Na ^a | mg | 162 | -- | -- |
| Zinc, Zn | mg | 0.30 | -- | -- |
| Copper, Cu | mg | 0.300 | -- | -- |
| Manganese, Mn | mg | 10.000 | -- | -- |
| Selenium, Se | μg | 2.1 | -- | -- |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 42.3 | -- | -- |
| Thiamin | mg | 0.062 | -- | -- |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|----------------------------------|------|------------------------|----------------|------------|
| Riboflavin | mg | 0.085 | -- | -- |
| Niacin | mg | 2.000 | -- | -- |
| Vitamin B-6 | mg | 0.334 | -- | -- |
| Folate, total | µg | 68 | -- | -- |
| Folic acid | µg | 0 | -- | -- |
| Folate, food | µg | 68 | -- | -- |
| Folate, DFE | µg | 68 | -- | -- |
| Choline, total | mg | 23.7 | -- | -- |
| Vitamin B-12 | µg | 0.00 | -- | -- |
| Vitamin B-12, added | µg | 0.00 | -- | -- |
| Vitamin A, RAE | µg | 67 | -- | -- |
| Retinol | µg | 0 | -- | -- |
| Carotene, beta ¹ | µg | 786 | 1 | -- |
| Carotene, alpha ¹ | µg | 11 | 1 | -- |
| Cryptoxanthin, beta ¹ | µg | 29 | 1 | -- |
| Vitamin A, IU | IU | 1343 | -- | -- |
| Lycopene ¹ | µg | 0 | 1 | -- |
| Lutein + zeaxanthin ¹ | µg | 52 | 1 | -- |
| Vitamin E (alpha-tocopherol) | mg | 4.02 | -- | -- |
| Vitamin E, added | mg | 0.00 | -- | -- |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- |
| Vitamin D | IU | 0 | -- | -- |
| Vitamin K (phylloquinone) | µg | 13.2 | -- | -- |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.287 | -- | -- |
| 4:0 | g | 0.000 | -- | -- |
| 6:0 | g | 0.000 | -- | -- |
| 8:0 | g | 0.000 | -- | -- |
| 10:0 | g | 0.000 | -- | -- |
| 12:0 | g | 0.004 | -- | -- |
| 14:0 | g | 0.039 | -- | -- |
| 16:0 | g | 0.226 | -- | -- |
| 18:0 | g | 0.013 | -- | -- |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|------------------------------------|------|------------------------|----------------|------------|
| Fatty acids, total monounsaturated | g | 0.439 | -- | -- |
| 16:1 undifferentiated | g | 0.209 | -- | -- |
| 18:1 undifferentiated | g | 0.235 | -- | -- |
| 20:1 | g | 0.000 | -- | -- |
| 22:1 undifferentiated | g | 0.000 | -- | -- |
| Fatty acids, total polyunsaturated | g | 0.222 | -- | -- |
| 18:2 undifferentiated | g | 0.061 | -- | -- |
| 18:3 undifferentiated | g | 0.161 | -- | -- |
| 18:4 | g | 0.000 | -- | -- |
| 20:4 undifferentiated | g | 0.000 | -- | -- |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- |
| Fatty acids, total trans | g | 0.000 | -- | -- |
| Cholesterol | mg | 0 | -- | -- |

Amino Acids

Other

| | | | | |
|----------------|----|-----|----|----|
| Alcohol, ethyl | g | 0.0 | -- | -- |
| Caffeine | mg | 0 | -- | -- |
| Theobromine | mg | 0 | -- | -- |

Sources of Data

¹M. Yano et al Quantitation of carotenoids in raw and processed fruits in Japan, 2005 Food Sci. Technol. Res. 11 1 pp.13-18

Footnotes

^a Some brands contain sodium metabisulfite.